

ALLEN R. BACA CENTER

GROUP EXERCISE SCHEDULE

WINTER/SPRING 2020

1/6/2020- 5/31/2020

MONDAY

8:00A- 8:45A
RISE & GRIND
Aerobics Rm
MELANIE (25)

9:00A- 9:45A
BARRE ABOVE
Mtg. Rm 2
CHRISTA (22)

TUESDAY

9:00A- 9:45A
CARDIO I
Aerobics Rm
SELVE (25)

10:00A-10:45A
ZUMBA
Aerobics Rm
SELVE (25)

10:30A
WEIGHT ROOM
ORIENTATION
JEREMY

11:00A-11:45A
RELAXING
YOGA**
Aerobics Rm
ALEJANDRA
(20)

6:00P
WEIGHT ROOM
ORIENTATION
JEREMY

WEDNESDAY

8:00A- 8:45A
BODY SCULPT
Aerobics Rm
MELANIE (25)

9:15A- 10:00A
FUN STRENGTH
Mtg. Rm 2
SHERRY (22)

10:15A-11:00A
ZUMBA
Aerobics Rm
SELVE (25)

THURSDAY

8:30A- 9:15A
CARDIO I
Aerobics Rm
SELVE (25)

9:30A-10:20A
BARRE ABOVE
Aerobics Rm.
CHRISTA (22)

FRIDAY

10:05A-10:50A
PLYOMOVES
Mtg. Rm 2
KATHY K. (22)

11:05A-11:50A
YOLATES
Mtg. Rm 2
KATHY K. (22)

SATURDAY

10:30A-11:30A
ZUMBA
Aerobics Rm
SELVE (25)

*UPDATED 2/3/2020

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with WEIGHT ROOM MEMBERSHIP for FREE or a nominal fee. Non-Members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be respectful and courteous to other participants and our instructors by being early to class. Class participation is limited based on space and equipment. Thank you & enjoy the Group Exercise classes at the Baca Center!

BARRE ABOVE: Barre Above offers a fusion of yoga, Pilates, strength training, and ballet as well as cardio elements that will keep your heart pumping and your body burning calories. Participants will improve strength, balance, flexibility and posture!

BODY SCULPT: Start resistance training at your own pace to jump-start your metabolism and break down those extras reserves of fat. In these moderate training workouts, you'll work your upper body then lower body, and core using the Lean Phasing technique to help you see results.

CARDIO I: An introductory cardio class for those looking to learn various types of cardio. The class is designed with basic moves and cardio concepts for those needing low impact or just starting out.

FUN STRENGTH: We know keeping motivated can be tough. FUN Strength encourages camaraderie while strength training for health benefits!

PLYOMOVES: Use your own body weight for a fun, energetic, and powerful workout!

RELAXING YOGA: **physical req. for this class. You must be able to get on the floor.** If you are unable to get on the floor for this class, we ask that you visit the Chair Yoga class. This class is a gentle yoga class designed to release tension from the body and mind.

RISE AND GRIND: This class is a total body, heart pumping, aerobic and strength conditioning workout. It combines full-body strength training with cardio bursts designed to tone your body, improve your endurance, and clear your mind before you start your body day! Join Us!

WEIGHT ROOM ORIENTATION: Take a tour of the Baca Center Weight Room and fully understand exercise progression as well as how to use the exercise machines properly.

YOLATES: A mixture of a traditional mat Pilates class and a yoga class. This class is designed to strength and stretch your body all while engaging and strengthening the core!

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions.

*tickets for Group Exercise classes will be handed out 15 minutes before each class. Check in and receive your ticket at the Baca Center front desk. You may not receive tickets for multiple classes at one time.

*Baca members must present and scan their membership card to validate a current membership. Non-members will pay the drop in rate of \$3/class.

*there must be a minimum of 4 participants in the class or it will be **cancelled**.

*athletic closed toed shoes are a requirement

*participants must give their group ex instructor their ticket at the beginning of class. Participants without a ticket will not be able to attend the group exercise class.